

SHSM is for you if...

you are interested in one or more of:

- Earning valuable sector skills
- Graduating with a special designation
- Making connections in the Health Care sector

Or...

if you are planning to:

- Go to University
- Go to College
- Become an Apprentice
- Go to the Work World

Employers say...
"You're hired!"



SHSM Careers

in many industries:

- Emergency Response
- Health Care
- Recreation
- Education
- Sports Facilities
- Training
- Wellness
- Business

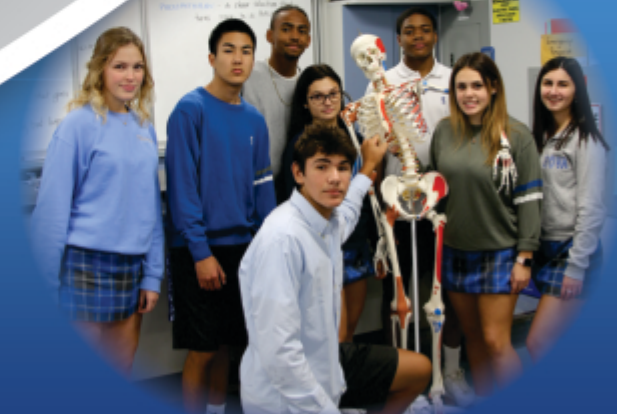
in many careers:

- Child and Youth Worker
- Health Services
- Fitness Instructor
- Physiotherapy
- Teaching
- Recreation Director
- Nursing
- Dentistry
- Registered Massage Therapist

Specialist High Skills Major

Health and Wellness

**St. Thomas of Villanova
Catholic High School**



- Customized High School Experience
- Ministry of Education Red Seal
- Advanced Employer Standing
- Valuable Practical Experience
- Industry Recognized Certifications

**Student Success is the mandate of the
Specialist High Skills Major Program**



SHSM - Health and Wellness
St. Thomas of Villanova Catholic High School
For more information, contact Student Services
519-734-6444

<https://sites.google.com/a/catholic.ca/villanova-portal/>

Health and Wellness

Focus at St. Thomas of Villanova
Catholic High School

Explore exciting health care skills
including but not limited to:

- Leadership development
- Exercise science
- Personal physical fitness



Get valuable experience
through partnerships with:

Sector professionals (ie. in health care areas,
personal fitness and sports associations)
Other forward thinking leadership and business
community members.

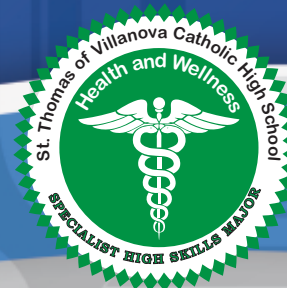
“Learning together in faith & service.”

When can I start my SHSM?

The SHSM is open to all students. Entry should occur prior to a student's grade 11 year, with special emphasis on scheduling a two credit co-operative placement in the health care sector.



WINDSOR-ESSEX CATHOLIC
DISTRICT SCHOOL BOARD



What skills & certifications will I earn?

Earn seven of these compulsory & additional certifications:

- Standard First Aid • WHMIS Certification • Leadership Training • Customer Service
- CPR Level C • Infection Control • Safe Food Handling • Portfolio Development
- High Rope Leadership • National Coaching Certification Program

What courses do I need?

Whether you are going to University, College, the World of Work or becoming an Apprentice, there is a course choice for you. Refer to the pathway chart below to help you select courses that are right for you.

Course Choices	POST SECONDARY PATHWAYS FOR SHSM		
	College or Apprenticeship	University	Workplace
Grade 11 Majors Choose a min. of 2 courses (by pathway).	SBI3C Biology HSP3C Psych, Sociology, Anthro PAF30 Fitness PPL30 Healthy Active Living Ed. SVN3E Science GPP30 Leadership	SBI3U Biology SPH3U Physics PAF30 Fitness PPL30 Healthy Active Living Ed. SCH3U Chemistry HSP3U Psych, Sociology, Anthro	PAF30 Fitness SVN3E Science PPL30 Healthy Active Living Ed. <i>Grade 11 Religion is always automatically included as part of your SHSM for all pathways</i>
Grade 12 Majors Choose a min. of 2 courses (by pathway).	SCH4C Chemistry PLF4M Leadership SPH4C Physics PAF40 Fitness PPL40 Healthy Active Living Ed.	SCH4U Chemistry PLF4M Leadership SBI4U Biology PSK4U Kinesiology	PAF40 Fitness PPL40 Healthy Active Living Ed.
Co-operative Education	All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op		